

*School Gardens & Nutrition Education:
Sowing the Seeds to Local Food!*

Case Study:
FoodCorps New Jersey



Agenda:

- I. What is FoodCorps?
- II. The FoodCorps Model
- III. Why it works!
- IV. FoodCorps New Jersey in action

Presenters:

Amy Jacobs, FoodCorps New Jersey Fellow

Jen Shukaitis, Senior Program Coordinator, Rutgers Cooperative Extension

What is FoodCorps?

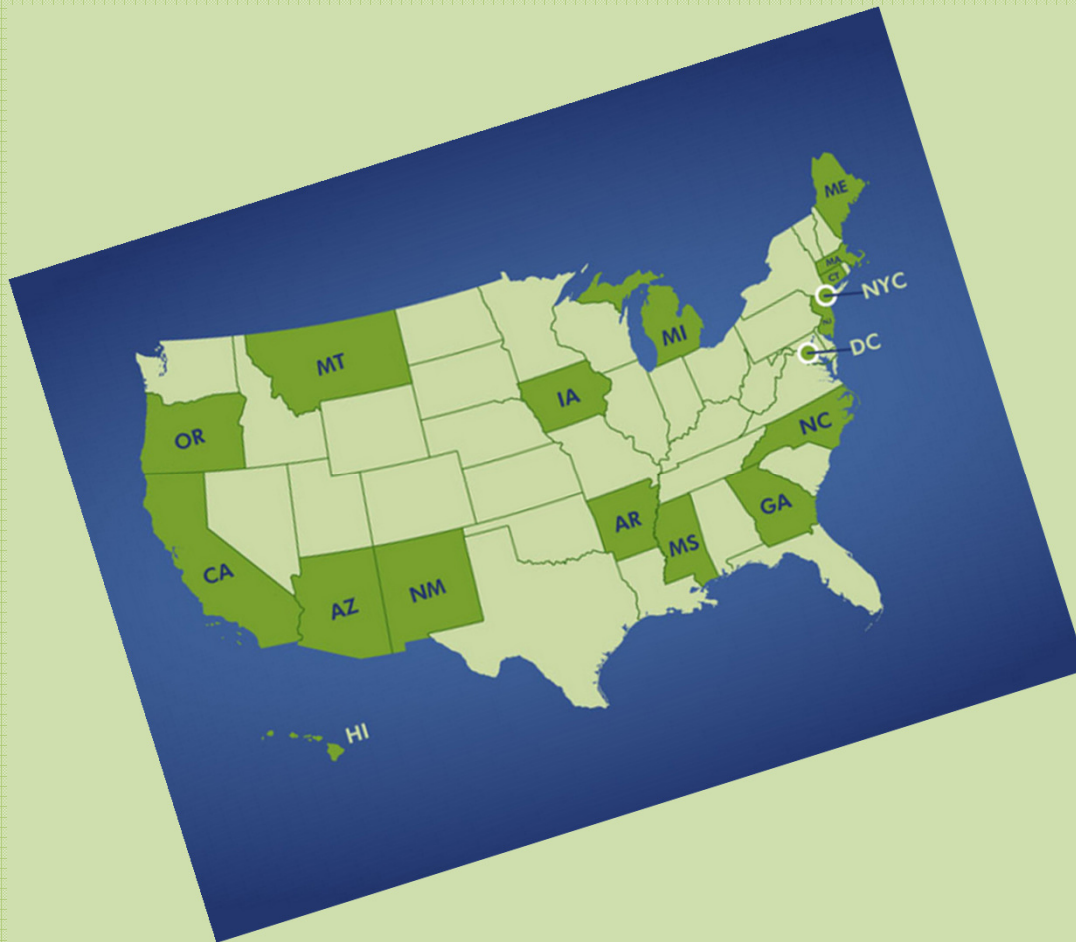
A nationwide team of AmeriCorps leaders who connect kids to real food and help them grow up healthy.

VISION:

A nation of well-nourished children who grow up: knowing what healthy food is, how to grow it, and where to access it.



Where we serve:



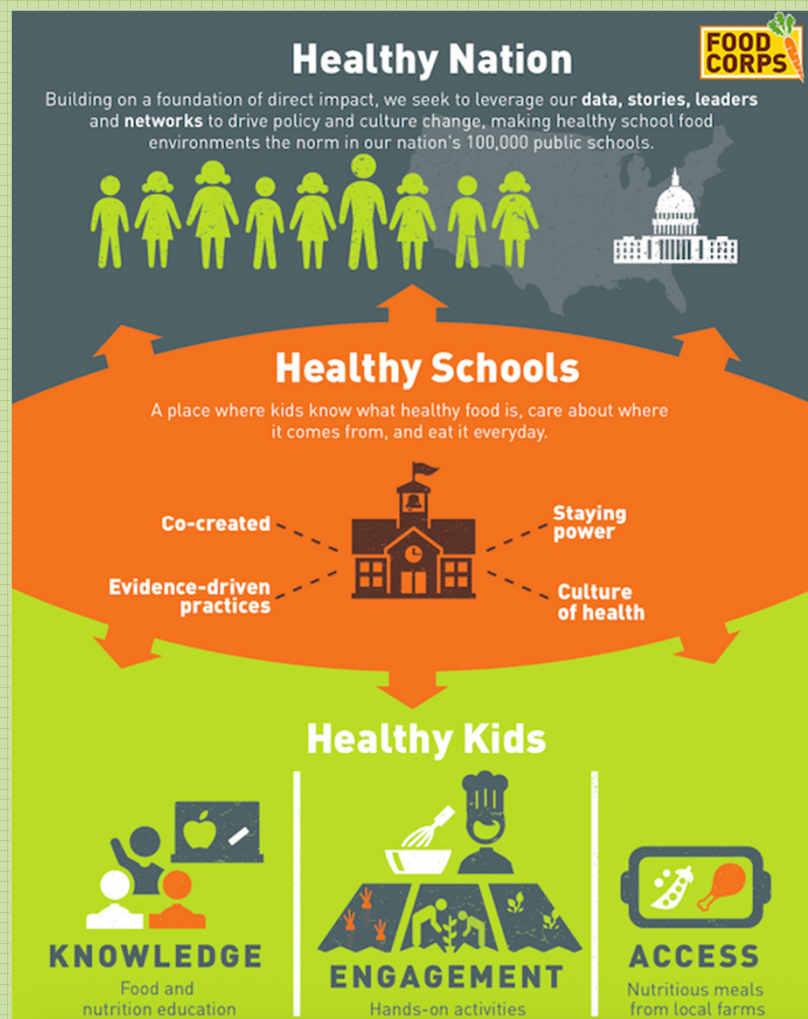
Where we serve: New Jersey & beyond!



Why we serve: a health crisis.



FoodCorps Theory of Change



FoodCorps + Local Food

- Children who are introduced to fruits and vegetables at a young age are more likely to consume them on a regular basis.
- Children participating in Farm to School programs consume an increase of one serving of fruits and vegetables per day.
- Combining educational components with local, quality foods served in the cafeteria can lead to permanent improvements in children's diets both in school and at home.

FoodCorps NJ: How?



FoodCorps NJ: How?

OUR STATE IMPACT

This school year, our 12 members have:

8,007
CHILDREN
REACHED



49
GARDEN
PROJECTS



236
LBS. OF GARDEN
PRODUCE
DONATED



517
NEW COMMUNITY
VOLUNTEERS



FoodCorps Three Pillars



1. **Knowledge:** Teach hands-on lessons about food and nutrition

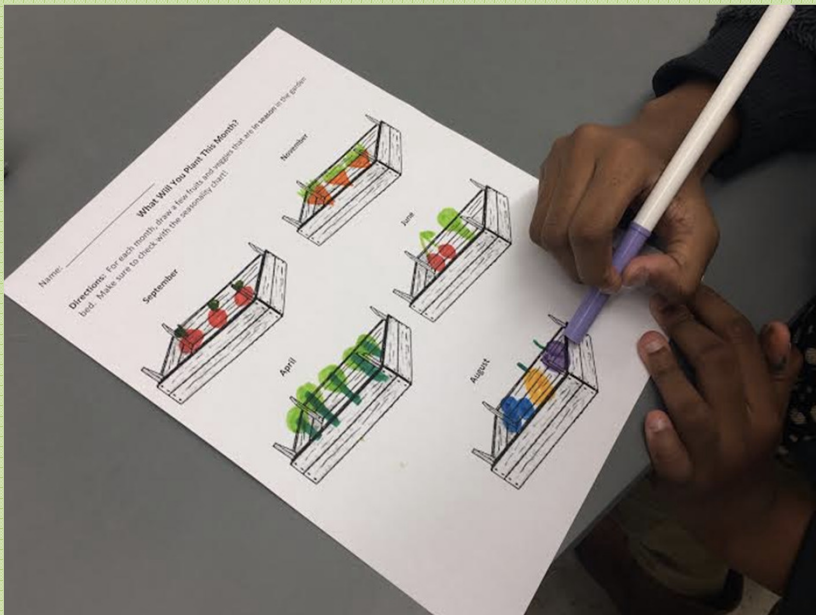


2. **Engagement:** Build and tend school gardens and teach cooking lessons so kids can taste the fresh food they've grown




3. **Access:** Change what's on children's lunch trays, giving them healthy food from local farms.





















Evaluation

First Name _____ Last Name Initial Only _____ Grade _____

Directions: Choose one circle for each food that best describes how it tastes to you.
Fill in the circle all the way, like this: 

Foods I am Rating	I like it	It's okay	I don't like it	I've never tried it
 Lettuce	 I like it	 It's okay	 I don't like it	 I've never tried it
 Carrots	 I like it	 It's okay	 I don't like it	 I've never tried it
 Zucchini	 I like it	 It's okay	 I don't like it	 I've never tried it
				









Newark, NJ



South Jersey





Paterson, NJ



Camden, NJ

Healthy School Toolkit

FOODCORPS HEALTHY SCHOOL TOOLKIT

TOOLS

Progress
Report



Action
Plan



FoodCorps
Service
Member Plan



School &
Community
Guide



STEP 1 Identify your team

📅 START OF SCHOOL YEAR

- It might be a brand new "healthy school team," or it might be an existing group, like a school wellness committee, farm to school team, or a parent teacher group.
- FoodCorps members can find resources for convening meetings on FoodCorps' online resource hub, the Toolshed.

Ideally this team will include a decision-maker from school leadership, teacher, food service staff, school community member, and the FoodCorps service member and their supervisor.

STEP 2 Understand the current school food landscape

📅 BY OCTOBER 31

- Schedule a team meeting.
- Talk about what is already happening in your school.



Fill out the Healthy School Progress Report together.
➤ SUBMIT TO FOODCORPS

STEP 3A Set schoolwide goals

📅 BY OCTOBER 31

- Review the Progress Report with your team and choose items to work on this year.
- Plan out the steps you will take and how you will define success.
- Decide who will be responsible for leading and supporting each project.
- FoodCorps members can find resources for community visioning, goal setting, and action planning on the Toolshed.



Complete the Healthy School Action Plan.
➤ SUBMIT TO FOODCORPS

STEP 3B Set FoodCorps member goals

📅 BY OCTOBER 31

- Given the FoodCorps member's responsibilities across all their schools, decide which projects from the Action Plan they will lead.



Build a FoodCorps Service Member Plan using the Action Plan items from each of their schools.
➤ SUBMIT TO FOODCORPS

STEP 5 Celebrate success & look forward

📅 BY JUNE 1

- Celebrate your achievements!
- Talk about the team's vision for next year.



Fill out the Progress Report again at the end of the school year.
➤ SUBMIT TO FOODCORPS

Consult, reference, and document school and community assets

📅 THROUGHOUT THE YEAR

- FoodCorps member records key supporters and opportunities.
- Revisit this guide at the end of the year to ensure it is useful to future FoodCorps members and team members.



Complete the School & Community Guide by the end of the term
➤ SUBMIT TO FOODCORPS

STEP 4 Check your progress

📅 NOVEMBER-MAY

- Schedule team meetings throughout the year to review the schoolwide Action Plan.
- FoodCorps member and supervisor revisit the Service Member Plan.




Case Study: FCNJ success stories.



Hands-on
Garden
Education



CAULIFLOWER



ROASTED CAULIFLOWER

With Parmesan Yogurt Dipping Sauce

Cauliflower really is the flower of the plant! This low-calorie veggie is packed with vitamins, minerals and antioxidants that support heart, brain and digestive health. Cauliflower comes in white, green, orange and purple varieties and is in the same family as broccoli and cabbage. It tastes best when it's fresh in the fall months.




INGREDIENTS




- 1 head cauliflower cut in bite size pieces
- 2-4 tablespoons olive oil
- 1 cup plain Greek yogurt
- 3 tablespoons parmesan cheese
- 1 grated garlic clove or ½ teaspoon garlic powder
- 2 tablespoons fresh chopped parsley or ½ tablespoon dried parsley
- Salt & pepper

DIRECTIONS

1. Pre-heat oven to 425 degrees
2. Toss cauliflower with olive oil and salt & pepper to taste. Arrange on baking sheet and roast for 25-40 minutes (depending on size), turning once.
3. While cauliflower is roasting, mix together yogurt, parmesan cheese, garlic, parsley and salt & pepper to taste.
4. Serve warm and enjoy!

LOVE IT! **LIKE IT** **NO THANKS**



In-Class Programming

Case Study: FCNJ success stories.



Coordination with Food Service Companies
+ Food Service Staff + Partners

Case Study: FCNJ success stories.



Roasted Cumin Broccoli in
Cafeterias!





Questions?

Thank you!



FoodCorps.org

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